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EDWARD B. WARMAN, A.M.
Los Angeles, California

New York
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no 1

PREFACE

After forty-one years of experience and observation regarding Physical Exercises, I have arrived at the following conclusion, *viz.,* the average person seeking health, through exercise, becomes very enthusiastic (for a few days) over any and every "new" system, practices faithfully during the time and then *drops* the whole thing.

Why? Because all extensive systems (my own not excepted) contain more than the average person has the time or inclination to follow daily unless he is preparing to become a specialist in this particular field.

Therefore, I have chosen from my own system of Physical Education (Tensing) the exercises *I* take, invariably, *every morning;* such exercises as may be taken in *twenty* minutes; such exercises as will, with right living, put and keep the human machinery in good running order; such exercises as may be taken with benefit by the child of six or the child of seventy-six.

These exercises are fully illustrated herein and given in the order as I take them every day of the year. Do thou likewise and years will be added unto thy life and life unto thy years.

Vigorously yours,

Edward B. Warman.

General Directions

Do not hold the breath during an exercise. Contract the muscles as though overcoming a natural resistance. When the muscle is brought to its greatest tension it should be held a moment and then relaxed.

After becoming familiar with the movements the time required to take all the exercises will not exceed twenty minutes.

Correct position of the body when standing and sitting, and correct carriage of the body when walking, together with full, deep breathing and right living, are essential to HEALTH.

The exercises, to be of the greatest benefit, should becomes a daily habit. The *minutes* faithfully spent *now* will reward you in *years* by and by.

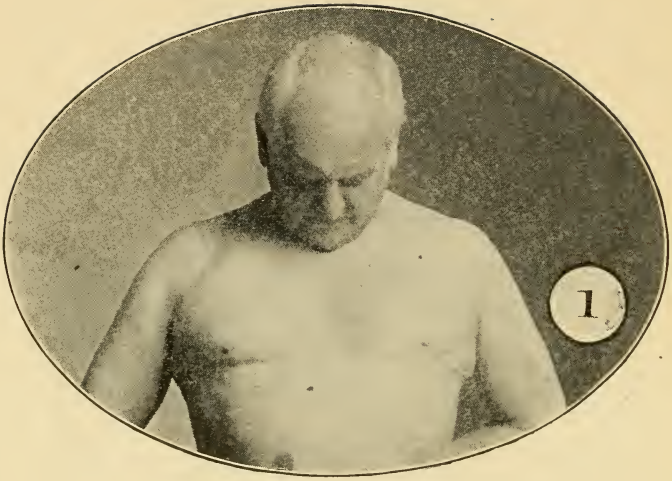
Before Arising

Lie flat on the back. Stretch the entire body, tensing and relaxing the muscles of the neck, arms, back, chest, abdomen and legs. This increases heart action and causes arterial distention in the most natural and effective manner.

After Arising

Cleanse the teeth, rinse the mouth, gargle, drink one or two glasses of cold water, then take all the exercises in the order given; take them vigorously but not violently.

Follow the exercises with a suitable bath (preferably cold if there is sufficient vitality for reaction); at least such a bath as is more suited to the needs of the body than to the whims of the mind.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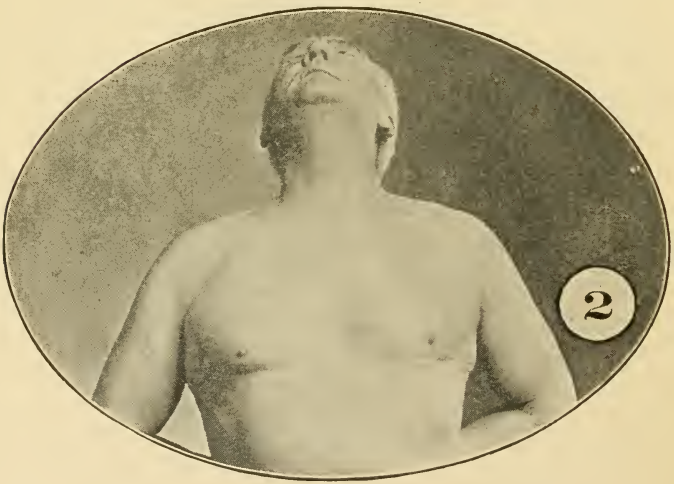
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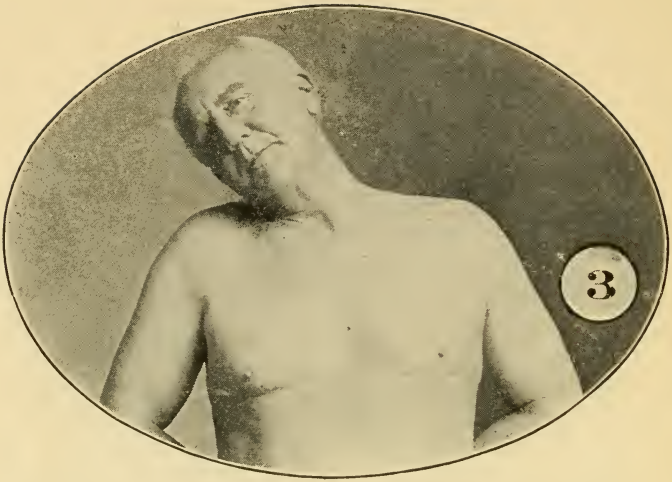
For Neck, Upper Chest and Back

Figs. 1 and 2.

Body erect; head well poised. Move head forward and down (slowly), pressing chin to chest; then up, back and down. In both cases as far as possible *and then some*

15 Times Each Way, Without Stopping.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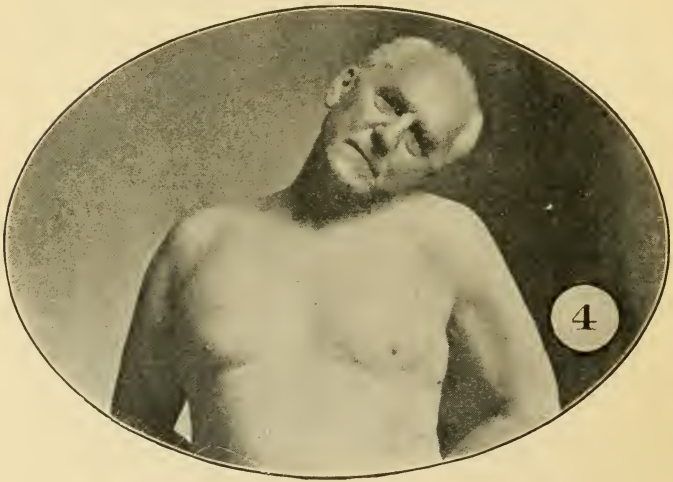
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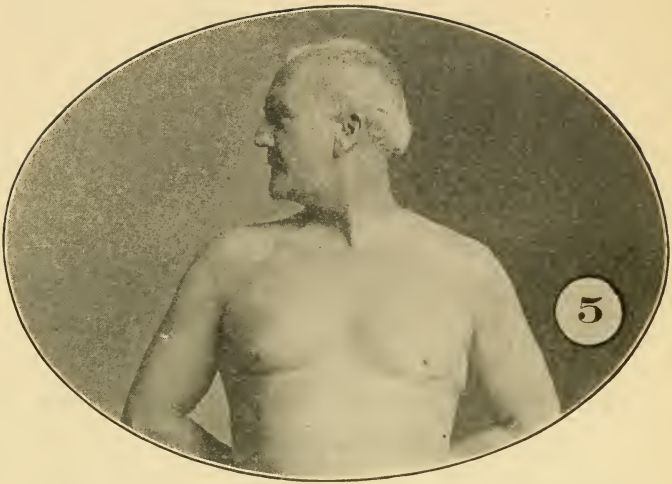
For Neck, Upper Chest and Back

Figs. 3 and 4.

Body erect; head well poised. Move head toward right and left side, slowly, without turning the head. Try to touch ear to shoulder, without raising the shoulder or swaying the body.

10 Times Each Way, Without Stopping,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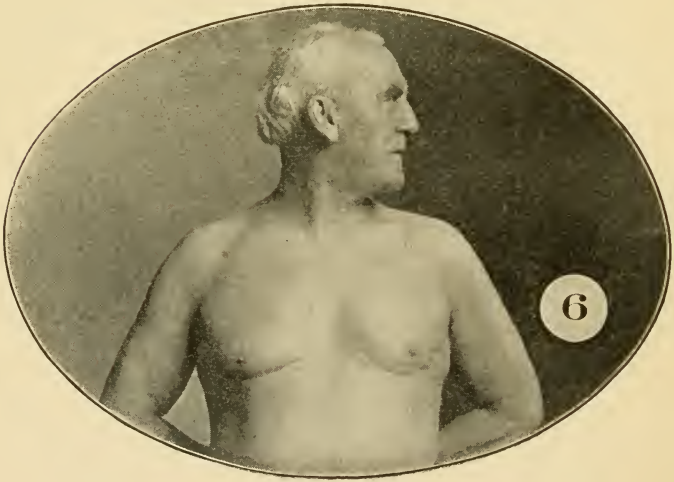
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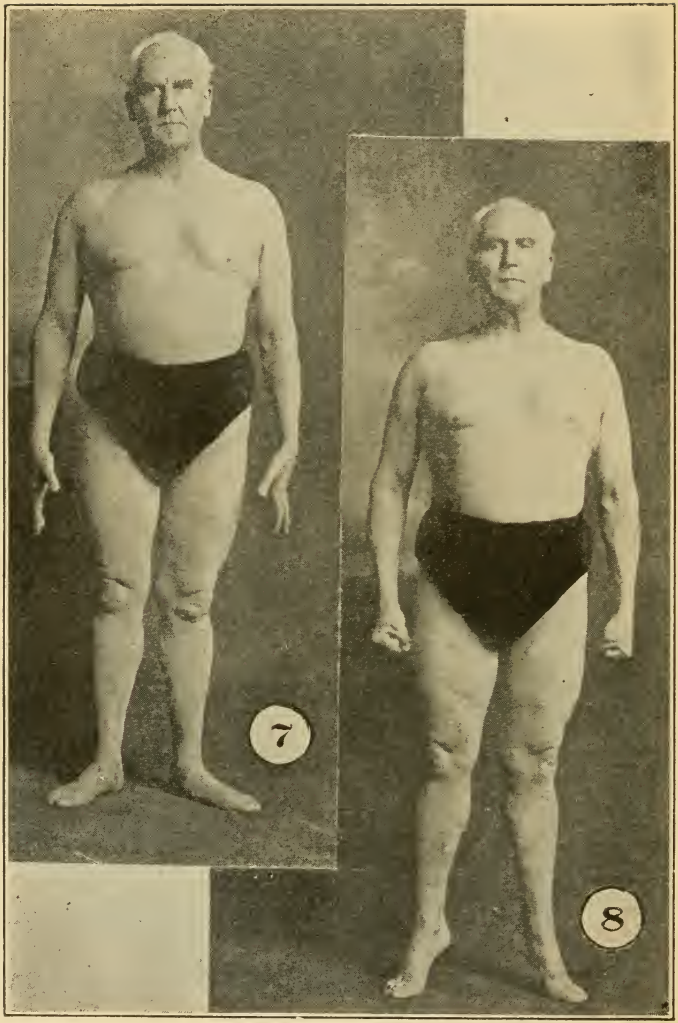
For Neck, Upper Chest and Back

Figs. 5 and 6.

Body erect; head well poised. Turn head to right and left, very slowly, until chin is over shoulder. Do not tip the head forward or backward when turning. Do not turn the body.

5 Times Each Way, Without Stopping.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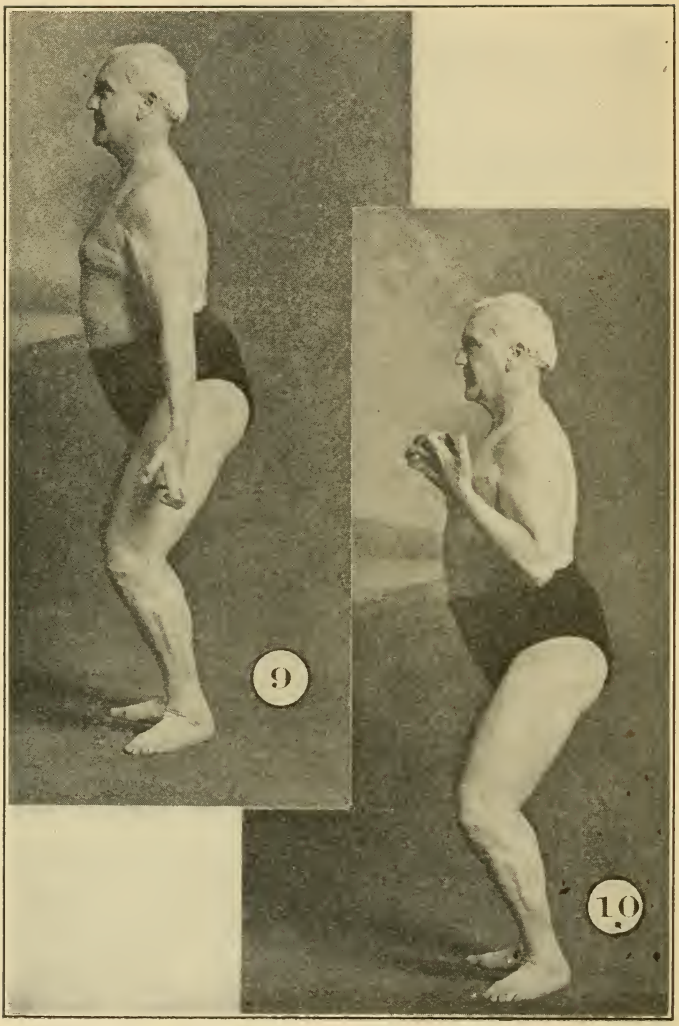
For Calf and Forearm

Figs. 7 and 8.

Body erect. Extend fingers to utmost limit with strong tension. Rise on toes, slowly, as high as possible, closing the hands with the strongest tension. Descend, slowly, to first position, again extending fingers to utmost limit.

50 Times.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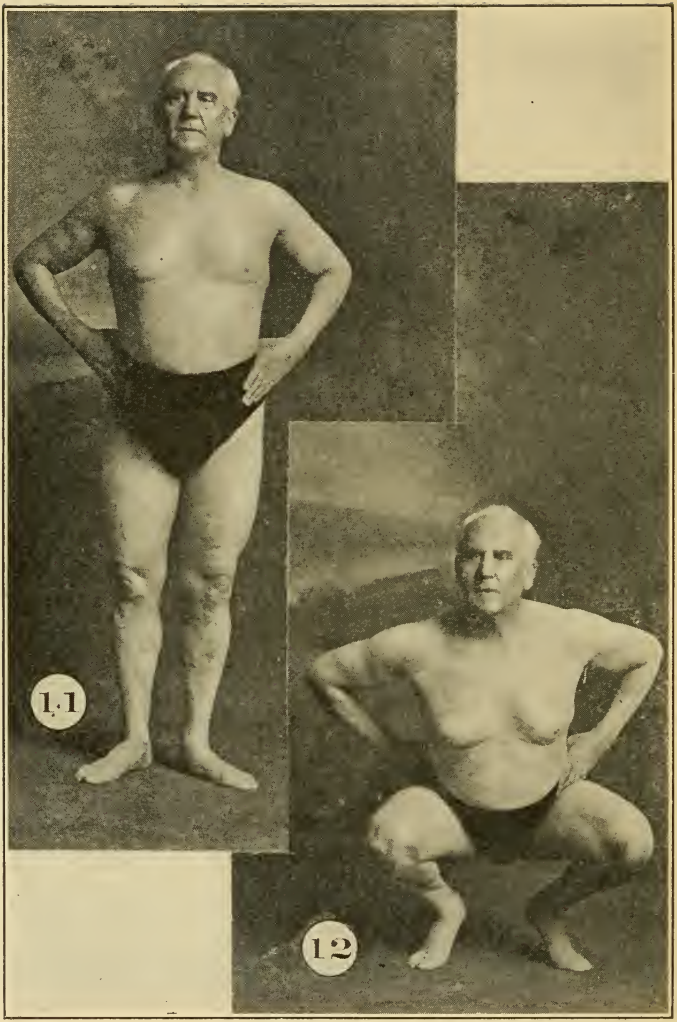
For the Upper Arms

Figs. 9 and 10.

Body erect. Lower the body by bowing the legs. Tense the arms and half-closed hands. Retain leg position while slowly lifting a very heavy imaginary object with arms only. Contract the biceps to fullest extent; hold a moment, relax, tense the arms again, push down, very slowly, as against great resistance, thus contracting the triceps to the utmost. Retain leg position throughout.

7 Times.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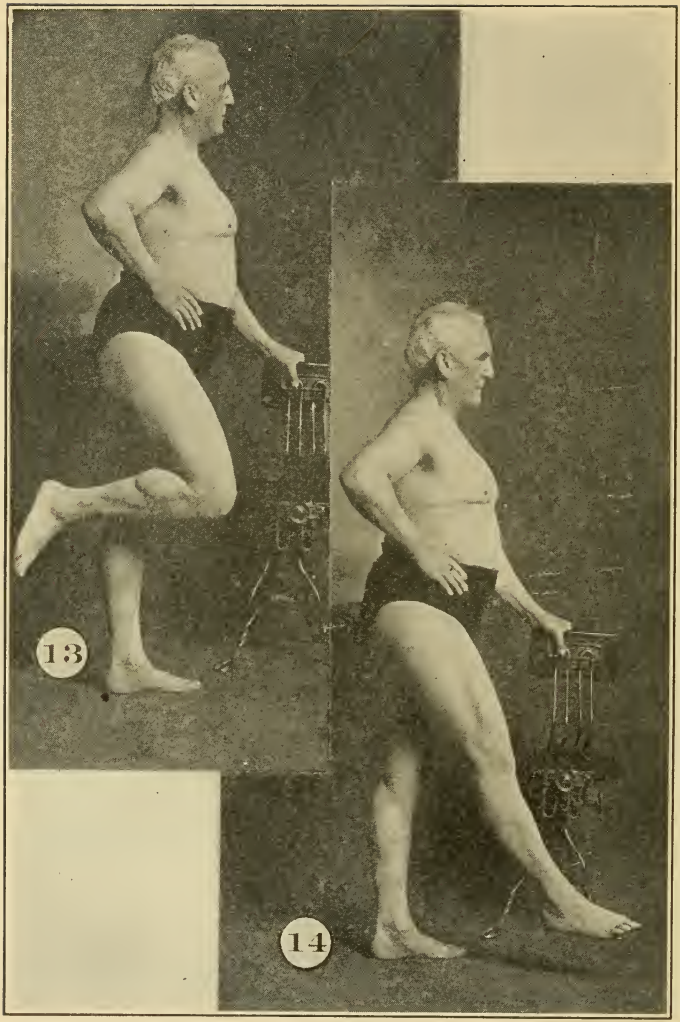
For the Thighs

Figs. 11 and 12.

Body erect. Lower body to deep-knee bend and rise immediately to first position. In descending, allow the heels to rise from floor, and close leg completely, lower thigh resting on upper calf.

25 Times.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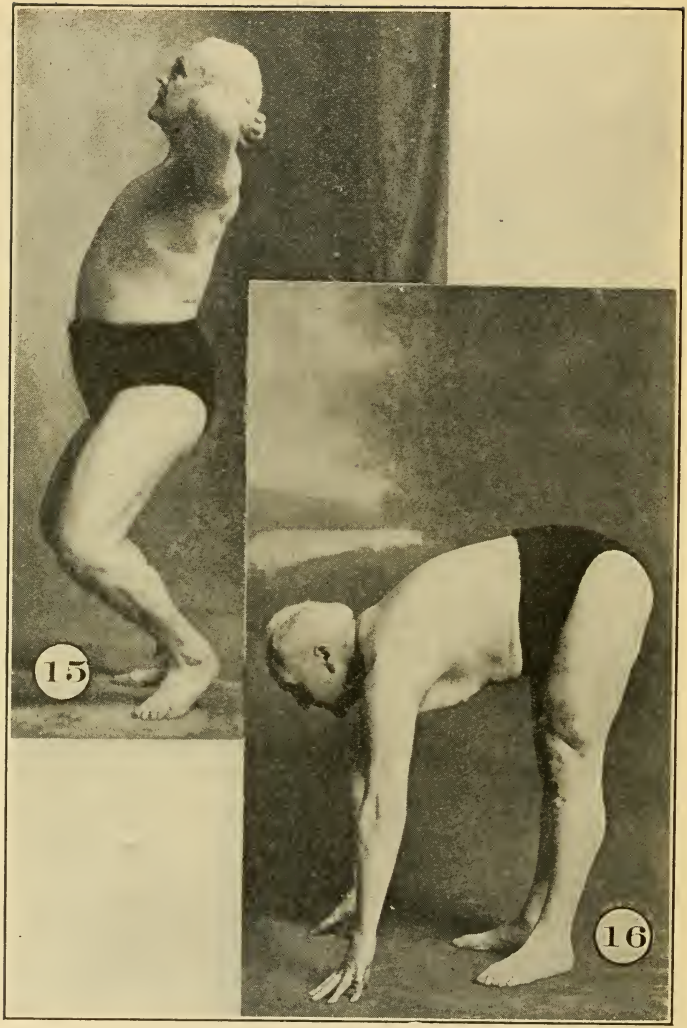
For the Thighs

Figs. 13 and 14.

Body erect. Steady the body by resting the hand on back of chair while lifting the right foot and kicking vigorously 50 times.

Repeat the same with the left foot 50 times.

50 Times Each Foot.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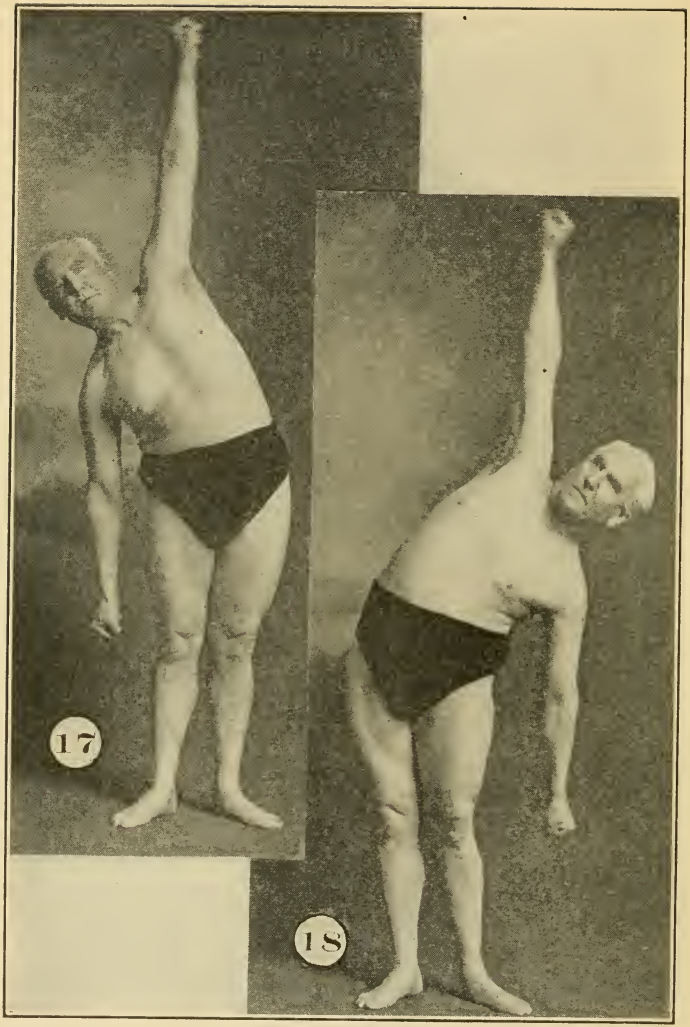
For Abdomen, Shoulders and Back

Figs. 15 and 16.

Swing arms up and back to first position, bending backward. *Be sure to bend the knees.*

Swing upward and forward, extending arms above, front and down, trying to touch the floor with the fingers, knuckles or palms. *Do not bend the knees.* Do not stop until movements are completed.

50 Times.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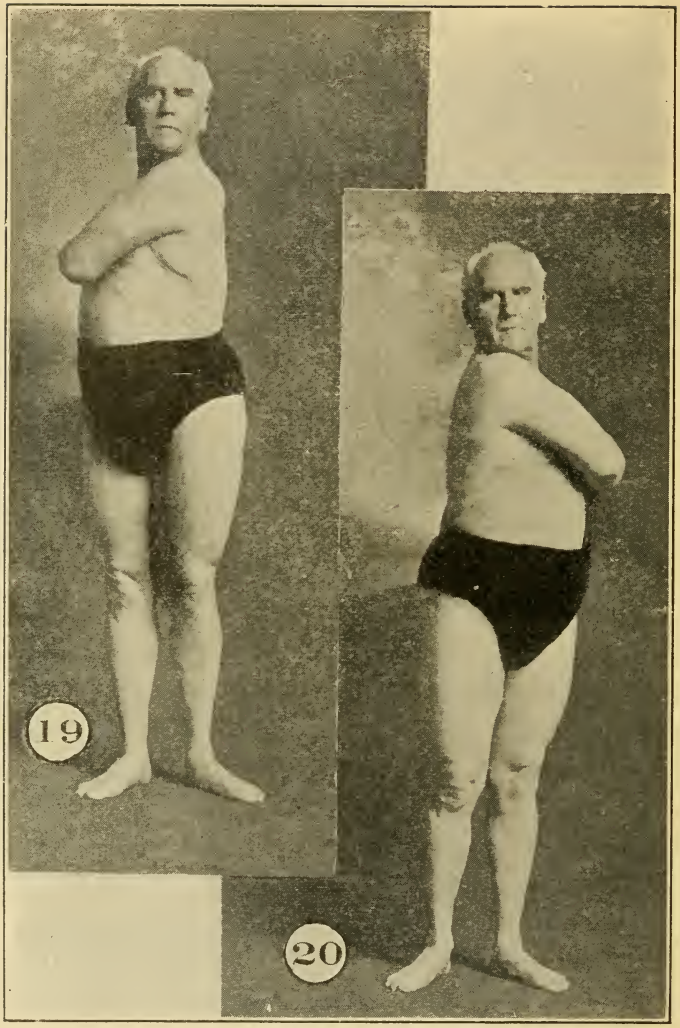
For Abdomen, Shoulders and Hips

Figs. 17 and 18.

Swing left arm (strongly tensed) out from side and up to highest point; the right arm—strongly tensed—pulling down to lowest point.

Swing right arm up and left hand down in same manner, both arms strongly tensed.

25 Times.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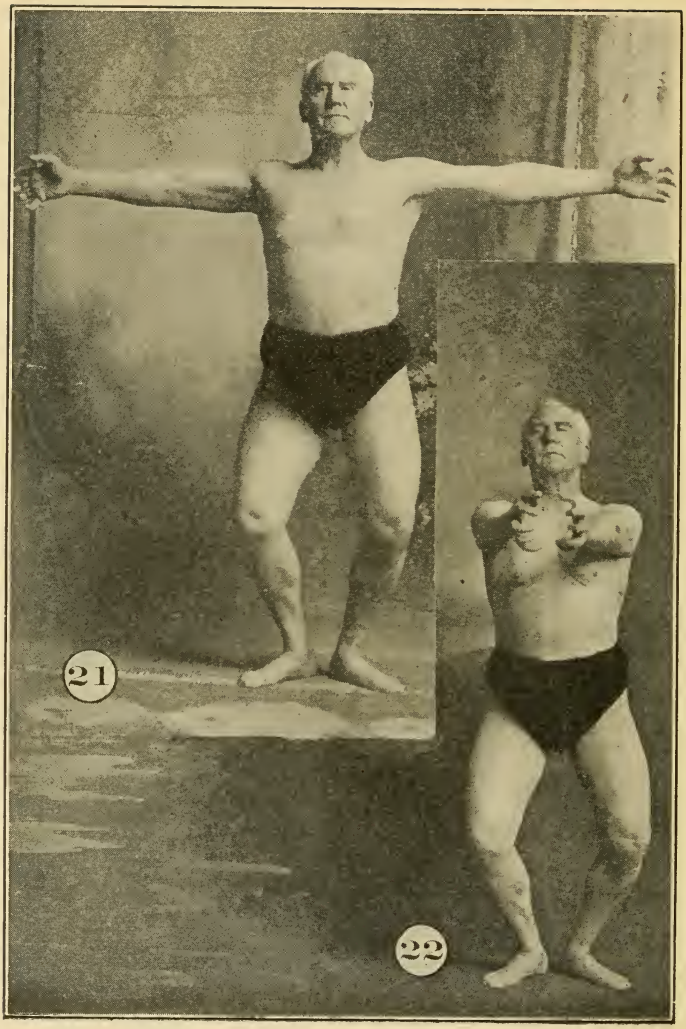
The Liver Squeezer

Figs. 19 and 20.

Twist body to right, keeping face to front, bringing left shoulder under chin, left arm across chest, right arm tense and extended close to body.

Reverse by twisting body to left, face kept front, bringing right shoulder under chin as you cross the chest with right arm; left arm tense and extended close to body. Strike across the chest vigorously, but not violently. Do not move the feet.

15 Times.

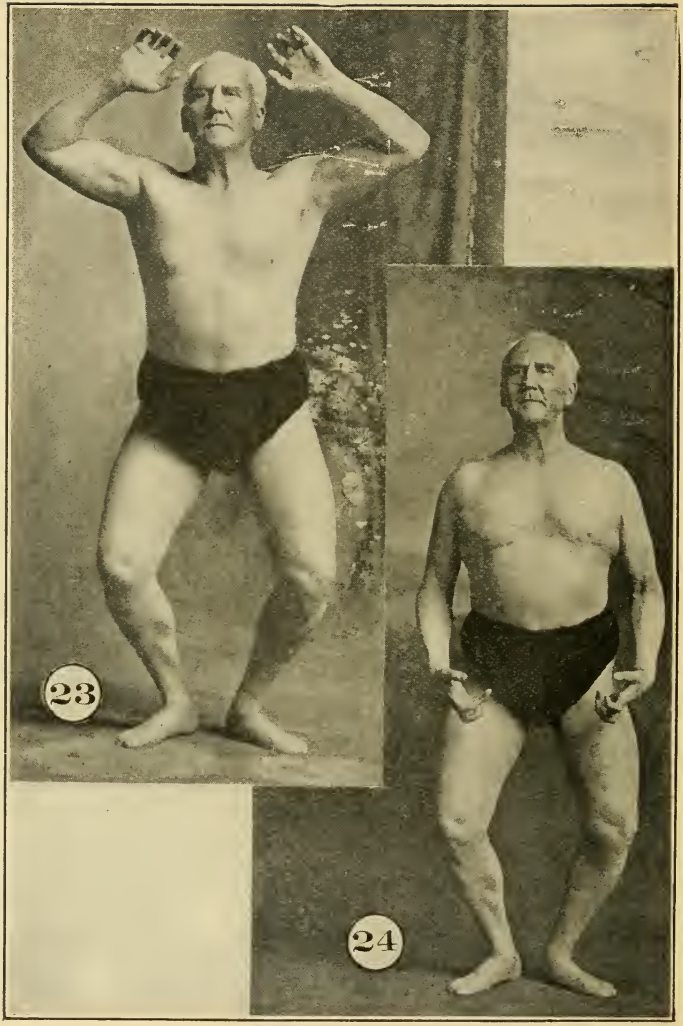

21
22

For Chest, Shoulders and Back

Figs. 21 and 22.

Body erect. Lower the body by bowing the legs. Extend arms at side on level with shoulders. Tense the arms and half-closed hands. Swing arms front and back, *without lowering.* Keep *strong tension* until completing the exercise. Do not sway the body.

25 Times.


23
24

For Shoulders, Chest and Back

Figs. 23 and 24.

Body erect. Lower the body by bowing the legs. Raise the arms at side. Tense them to the utmost when starting them outward and downward *toward* but not quite *to* the body. Keep arms slightly bent at elbow. Relax the arms when raising them.

25 Times.

25

For Legs, Lungs, Heart and Liver

Fig. 25.

Stationary running. Hands to chest. Advance one foot. Incline body forward with weight on forward foot. Transfer the weight from foot to foot—as in actual running, except advancing. Keep mouth closed not only during, but after running until the breathing is normal. Run slowly and steadily. I take seven minutes for one thousand steps.

Begin with 100 Steps; Increase to 1,000.

The Secret of Never Growing Old

By E. B. WARMAN, A.M.

(Written for the Health Culture Magazine, Passaic, N. J., March, 1909.)

It is a long while since I dropped in to have a chat with the Health-Culture family; yet I have kept in close touch with them through the columns of their excellent medium, the Health-Culture Magazine, which, by the way, grows better and better as the months go by.

While there are other health magazines, good magazines, yet I think none quite so good. I think Dr. Latson, like good wine, improves with age (no insinuation, Doctor), and also like wine, sometimes comes mighty near intoxicating with his exuberance of spirits.

Well, it has been some years since I gave a message to the many readers of Health-Culture. Years, did I say? Yes, years, chronologically only. Time deals gently with me because I deal gently with Time. I've found the secret of never growing old; but, like a woman, I'll tell you if you'll promise never—to—tell—a—living—soul.

First of all, mind and body must act synchronously. Mind right, body right; body wrong, mind wrong. No, I do not think "all is mind." I cannot deny the evidences of the senses. We have been

given a material body on this material plane for material purposes; but God, in His all-wise providence, put the head on top, and a reasoning faculty in that old noddle which we are supposed to use intelligently as regards the bodily functions. Mind is master; the body is the servant.

The metaphysician tells us that "mind is that indefinable something as opposed to non-entity." When pressed further as to what is mind? he says: "Never matter." Then what is matter? "Never mind." So there we are, in treadmill fashion, just where we started.

But this is not telling my secret of never growing old. First of all, as previously stated, the mind must be right. Hold no thought of the passing years except to keep tab so that there will be no mistake in the death notice that will militate against collecting the life insurance. (I do not carry any myself, except health insurance, and I am president, treasurer, secretary, sole stockholder and only member.)

The mind should never hold any limit of age. I used to say, "Oh, I'm going to live to be a hundred years old." The word old is superfluous; to put the limit at one hundred is foolish. Now, I say, instead, "I shall not reach my prime until eighty, go bounding past the hundred-mile post (beginning

my second century with much more vigor than I did the first), pass the one hundred and twenty at a lively gait, and then on to one hundred and forty, and—then—some."

Why not? "As a man thinketh in his heart so is he." Even the animals, as a rule, live to five times the period of their growth. Why should not man? The leading scientists claim that man does not attain his full growth until reaching the age of twenty-eight; thus to reach one hundred and forty would put us only on a par with the lower animals as far as longevity is concerned.

Three score and ten was never given as a limit, only as a possibility. Read Isaiah lxv, 20, and see how your blood will go pulsating with new life. Wait a minute ere you read Genesis vi, 3. Even these are only possibilities, just resting places along the way. Do you catch the spirit? Catch it and hold it evermore—the spirit of youth.

As a psychologist, let me impress you with one of the strongest factors that makes for health and a long life, *viz.*, mind is indivisible. You cannot think of two things at once any more than you can be in two places at the same time. Therefore, focus your thought-force on the condition you desire rather than on the condition that exists, if the existing condition is not one of health. But do not stop at this;

do something and *undo* some things. Do not be like some of the "New Thoughters," who believe they can sit in the silence and attract anything they desire—horses, carriages, flowers, friends. Possibly so, but they will be the horses, carriages flowers and friends that come to them in that greater silence—and that will be too late. We can sit and think and plan, but we must also act. "All things come to him who will but wait"—if he hustles while he waits.

Begin your day—ere you arise—with a stretching exercise. Slowly and yet vigorously you should alternately tense and relax every muscle of your body. This will gradually arouse the heart, and cause arterial distention. Then arise, cleanse the teeth, rinse the mouth, gargle, drink two glasses of cold water (not hot), then take from ten to twenty minutes of vigorous but not violent exercise; such exercise as will bring into healthful action every one of the general muscles and every joint of the body. Then bathe head, face and neck in cold water. Follow this with a full body bath; such a bath as is best suited to the needs of the body rather than to the whims of the mind. Be not too hasty in dressing. If the room is of proper temperature (cannot be too cold for cold bath if you have vitality enough to react, but should not be cold for warm bath), I would advise an air bath of a few moments.

After dressing, get out in the open air a few moments and move about briskly enough to compel deep breathing. This is the best way to take a breathing exercise. Stationary running will serve the purpose admirably. When at home (in California), being fond of bicycling, I arise one hour before daylight (20 minutes to exercise, 20 minutes cold bath, 20 minutes bicycle costume), mount my wheel, ride (bare-headed) twenty miles (inside of ninety minutes) without over-exertion. Return, clean wheel, warm bath with soap, finish with cold bath, air bath, dress.

Then I eat a light breakfast (more often none at all). Nothing more until six-o'clock dinner. Work all day and usually late into the night. One square meal a day (preferably about 6 P. M.) will run the human machinery for twenty-four hours. Remember, you are working to-day on the capital you have invested (and digested, absorbed, assimiliated) yesterday. Do not mistake stimulation for strength. Some prefer the "no-breakfast" plan and take luncheon or hearty meal at noon hour. This is a matter of choice, habit, etc. Be that as it may, one hearty meal is sufficient.

Listen! I'm not preaching one thing and practicing another. I'm always willing to be measured by the same standard wherewith I measure. I chal-

lenge any one to say and prove that I ever violate privately or publicly any principle that I publicly inculcate. I never miss a morning of my life (of my life is simply for emphasis) taking my exercises. To illustrate: A few weeks ago, in Iowa, I had occasion to change cars at 4:20 A. M. (a very cold morning, unusually so for one living in California). I had the porter call me at 3:30 in order not to miss my morning devotions (physical). Right here let me whisper a secret within a secret—*system* and *regularity;* these are what *tell* in the long run, and it's the *long run* we are talking about.

To remain young and to prolong life, whether you eat one, two or three meals a day, do not neglect the thorough mastication of your food—not counting the number of times for each mouthful—mental arithmetic is out of place at the table—but do not swallow it until it liquefies. They say good-bye to it and give it no further thought. Do not eat too many kinds of food at the same meal, and avoid wrong combinations.

The three life essentials are air, water and food, and are of greatest value in the order given. Keep the four eliminating agents (skin, kidneys, bowels, lungs) normally active without the use of drastic remedies.

No hard, fast rules can be laid down for the gen-

eral public to follow. Each one must be a law unto himself, providing he understands the law. Keep in touch with the precepts laid down so plainly in Health-Culture, and you will be able to apply them to your individual case and thus bring your body under subjection.

In conclusion, if you wish to attain to longevity without growing old, bear in mind that the price of health is eternal vigilance—mentally, morally, physically.

Maturity is not desired. Nature has no use for things matured, except to rot and return to Mother Earth. Ripeness, soundness, is much to be preferred, and then to retain that soundness indefinitely. Like the tree, in good soil and climate, you should reach the maximum (physically) and there remain many, many years with scarcely any perceptible change. The old oak or elm reaches its maximum and retains it with scarcely a foreshadowing of decline for many scores of years. So with man, in proportion. It is, in fact, a prolongation of middle life. As for myself, I have not yet reached the maximum of middle life, as I am only nearing the—wait a moment until I look up the record—here it is—born the same year of the postage stamp, 1847 (that probably accounts for my stick-to-it-ive-ness). Let's see, 1847; that makes me sixty-two years young, "comin'" April.

Yes, that's right; for I remember last April I celebrated in my usual way, *i. e.*, riding my bicycle (not motorcycle) as many miles as I was years young—and I covered the sixty-one miles by 11:45 A. M. (not P. M.), beating my previous record over the same route (poor roads) by two hours.

Well! well! only sixty-two. Pshaw! I'm only a kid; too young to tell people how to avoid growing old. But, as I have written this, we'll let it go.

As I am on a lecture tour this season, with Oskaloosa, Iowa, as my headquarters, wife and I are having a taste of winter, the first for many years. We shall surely return to dear, old Southern California with a fuller appreciation than ever of "The Land of the Afternoon."

In the words of "tiny Tim"—"God bless us everyone."

Vigorously yours,

EDWARD B. WARMAN.

Object and Benefits of Fasting

By E. B. WARMAN, A.M.

(Written for the Oskaloosa (Iowa) Daily Herald, March 18, 1909.)

Having just completed a fast of a few days, an absolute fast from all food, I have been asked as to the object and benefit.

THE OBJECT.

(1) While I am normal in health, I was a few pounds above normal in weight, hence, I took this means—not an unusual one with me—to reduce. This I accomplished without inconvenience, difficulty or detriment.

(2) To prove to my satisfaction that my body is my servant, not my master. That there is a world of difference between appetite and hunger, and that I am not a slave to the former. God in His all-wise providence put the head on top that all beneath it should be subservient to its guidance.

(3) For the purpose of house cleaning—bodily house cleaning. All good housekeepers are very particular about the cleanliness of their home; but in spite of the daily care the dirt accumulates in the less frequented places; hence the annual house-cleaning which is everywhere customary.

How strange that so much care is given to the earthly habitation; how little to the temple of the

soul. "A man with a bad liver," said Henry Ward Beecher, "can't be a good Christian."

THE BENEFIT.

I know of nothing that will so clear body and brain as an occasional fast coupled with proper exercise and daily baths. In my fast I lost but seven pounds; the rubbish that had accumulated during the winter months and for which I had no further use; hence the house-cleaning.

But what about the man who works all day? Bless your hearts! I work all day and half the night. My working day averages seventeen hours. I work while the majority of men sleep and while the majority of men eat; for I take but a mere bite and a sip for breakfast; nothing at noon, but I gain time by working steadily through the noon hour and remainder of the day, and then go to work again as soon after the six o'clock dinner as is compatible with good digestion. But my daily brisk walk, an occasional hour at the woodpile or shoveling snow, and my daily system of exercises are never neglected; these but offset and balance the mental work. So you see that with but one square meal a day I keep Lent the whole year 'round.

"But," say the majority of persons with whom I have talked, "if I miss a meal I get faint." Yes, so does the toper when he misses his toddy. That

simply proves you are a creature of habit, a slave to your appetite and that you mistake stimulation for strength.

You can live like a king on one square meal a day; you can starve to death on three meals a day. It is a matter of quality, not quantity. Sixteen ounces of beans will run the human machinery of a working man twenty-four hours and more, but if he ate cabbage instead of beans, it would require fifteen pounds to do the same work; hence you will see it is a matter of nutrition, therefore the need of a knowledge of food values.

But I was talking about fasting. As a rule I would not advise an absolute fast unless a physician is daily consulted as regards pulse-beat, heart action, etc. Even then, the habit of eating is so firmly fixed with the average person that if he omits a few meals his imagination runs riot and he fancies he is about to die—instead of diet.

Therefore, I would suggest what is known as a fruit fast which, in reality, is not a fast but consists of a strictly fruit diet (fresh fruit, not canned); only a fast as far as other foods are concerned.

This kind of so-called fast I would heartily recommend for almost anyone who is ill. The one advantage it has over the absolute fast is that inasmuch as there is something to eat, something to chew, it

quiets the mind; besides it supplies the bowels with sufficient refuse to keep them duly active.

Whatever may be the nature of the fast, it should always be preceded by a warm enema.

There is still another advantage of the fruit diet, a great advantage; *viz.*: the system is supplied with the various organic salts in the most natural form for absorption and assimilation, also the juices of the fruits furnish the finest distillation from Nature's own reservoir. This is true of all sun-kissed fruits.

The fruit should be eaten raw, without trimmings; no cream or sugar. Whenever sugar is taken with an acid fruit it neutralizes the effect of the acid. If you want to tickle the palate, drink lemonade; if you want a remedial agent, drink lemon water—without the aid of sugar.

In taking a fruit diet, both the acid and non-acid fruit may be eaten but should not be at the same meal. Among the acid fruits are oranges, apples, peaches, plums, pineapples, strawberries, blackberries, etc. Among the non-acid are bananas, pears, melons, huckleberries, cantaloupes, fresh figs, etc.

Are you bilious? Live on oranges one week, giving the system a rest from the heavier foods. See what this will do for your stomach, your liver, and especially your complexion. Eat all the oranges you want and drink freely of the orange juice (no sugar).

If you want a clear complexion give cosmetics the go-by, but *go buy* a peck of oranges instead. Try it.

Let me whisper a word to the husband. Tell your wife that you are going to try a fruit diet for a week, and have her join you. When relieved from the preparation of three meals a day she will have a little time for herself and will fully appreciate it—the week's vacation you give her. Watch the result. See the bent figure straighten up, note the lightness of the step and the brightness of the eye and, above all, watch the roses come back to the faded cheeks. Ah, my brother, your sweetheart has come back. You had almost lost sight of her in her multitudinous cares, but when she again resumes her household duties she will do it with a lighter heart in consequence of the rest which the short respite from the daily routine has given her, and the improvement in body and mind which the fruit diet has made. And as for you, my brother, your change from the heavy foods which were clogging your system to that of the clean, pure, wholesome juices of the fruit will give you a clearer vision and a greater appreciation, perhaps, of *her* true worth. Try it. Do not take my word for it. God bless you, and He will bless you in every effort that you make to bring sunshine into the home.

Vigorously yours,

EDWARD B. WARMAN.

Spalding Trade-Mark Indian Clubs

STAINED FINISH

No. A No. AA

Good material, and far superior in shape and finish to the best clubs of other makes. Each pair wrapped in paper bag.

Model BS—Weights specified are for each club.

½ lb. . .	Pair, $ .85	1½ lb. .	Pair, $1.30
¾ lb. . .	" 1.05	2 lb. .	" 1.45
1 lb. . .	" 1.15	3 lb. .	" 2.00

Model BS

Spalding Exhibition Clubs

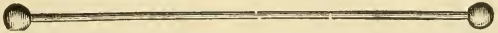
Handsomely finished in ebonite; for exhibition and stage purposes. Clubs are hollow, with large body, and although extremely light, represent a club weighing three pounds or more.

No. A. Ebonite finish. . . . . Pair, $5.00
No. AA. With silvered bands. . . . . " 7.00

Indian Club and Dumb Bell Hangers

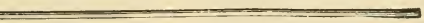
No. 1. Made of iron and nicely japanned. . . Pair, 25c.

Spalding Ash Bar Bells



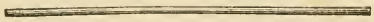
No. 2. Selected material, highly polished, 5 feet long. . . . . Each, $1.00

Calisthenic Wand



No. 4. 4½ feet long, 1 inch diameter. Black finish . . . . . Each, 25c.

School Wand



No. 3. 3½ feet long. Straight grained maple, black finish. . . . . Each, 20c.

Spalding Spring Grip Dumb Bells

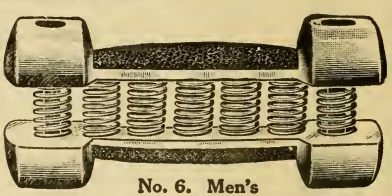
Manufactured by A. G. Spalding & Bros.

These dumb bells are made in two halves connected by steel springs —as specified in the Sandow patent, which expired August 8, 1916—the effort necessary in gripping, making it necessary to continually devote the whole mind to each movement. This concentration of will power on each muscle involved is what is responsible for the great results obtained through properly exercising with them.

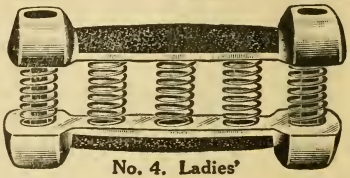
Black Enameled Bells, Springs Nickel-plated and Polished

No. 6.	Men's.	Seven steel springs. .	Pair, **$3.00**
No. 4.	Ladies'.	Five steel springs. .	" **2.50**
No. 2.	Boys'.	Four steel springs. .	" **2.00**

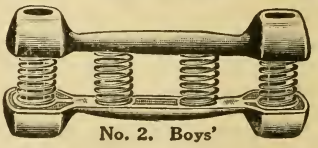
Spalding Patent Spring Grip Dumb Bells are used by all the greatest athletes in their training.



No. 6. Men's



No. 4. Ladies'



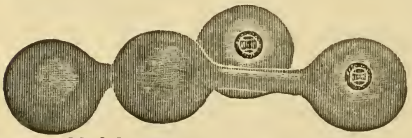
No. 2. Boys'

Spalding Trade-Mark Wood Dumb Bells

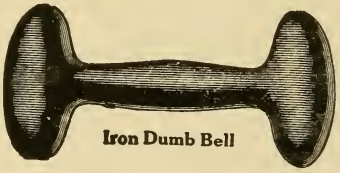
Model AW. Stained Finish

Good material and superior in shape and finish to best wood dumb bells of other makes. Each pair wrapped in paper bag. Weights specified are for each bell.

½ lb. . .	Pair, $ .85	1½ lb. .	Pair, **$1.30**
¾ lb. . .	" 1.05	2 lb. . . .	" **1.45**
1 lb. . .	" 1.15		



Model AW. Wood Dumb Bells



Iron Dumb Bell

Spalding Iron Dumb Bells

Made on approved models, nicely balanced and finished in black enamel.

Sizes, 1 to 25 lbs. . . . . **13c.** lb.

50 lbs. . . . . **13c.** lb.

Weights between 50 and 100 lbs. Each, **17c.** lb.

Bar Bells, weight 25 lbs. or more for complete Bar Bell, supplied regularly with steel handles, length 3 feet between bells. . . . **17c.** lb.

Bar Bells, weight 25 lbs. or more for complete Bar Bell with steel handles, either shorter or longer than regular length as noted above, **25c.** lb.

Prices for Bar Bells, weighing other than above, quoted on application

DEMPSEY

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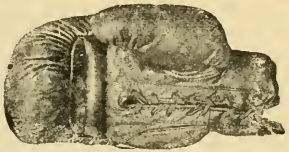
Spalding "Championship" Boxing Gloves

Used and endorsed by all Champions of the World since the days of John L. Sullivan

Made in 3 sizes, 8, 6 and 5 ounce. Leather is specially tanned for this particular type of glove. Best hair filled, patent palm grip, palm lacing, padded wrist. Spalding boxing gloves were used almost exclusively to train our boys to take their part in the world war. We supplied twenty thousand sets for use in the training camps in this country and behind the lines abroad. Every set we furnished carried the full Spalding guarantee and gave the same service that Spalding gloves have given continually during the past thirty-five years.

		Set of Four Gloves
No 118	8-ounce. . .	
No 116.	6-ounce. . .	
No 115	5-ounce. . .	



No. 118

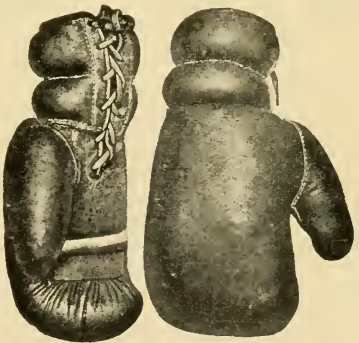
No. 118

No. 100 No. 100

Spalding "Instructors'" Boxing Gloves

Best grade brown boxing-glove leather, extra heavy padded over knuckles. Special large padded thumb and thumb pocket to prevent injury to instructor or pupil. Laced extra far down for ventilation, patent palm grip, padded wrist.

No. 100. 10 ounce. . . . Set of four gloves.



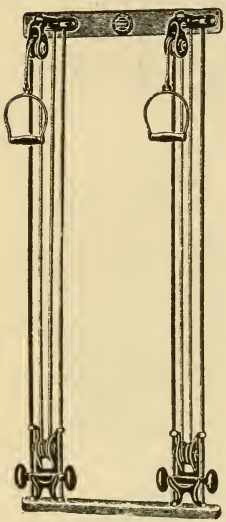
No 110 No. 110

Spalding "Pupils'" Boxing Gloves

Double wrist-pad model. Additional padding on the forearm and over the wrist prevents soreness during boxing lesson. Best grade brown glove leather, patent palm grip and palm lacing.

No. 110. . . . . Set of four gloves.

SPALDING CHEST WEIGHT MACHINES



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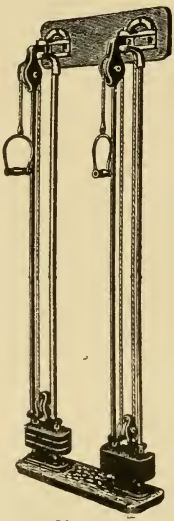

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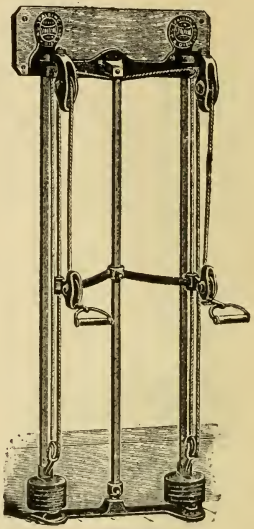


No. 5

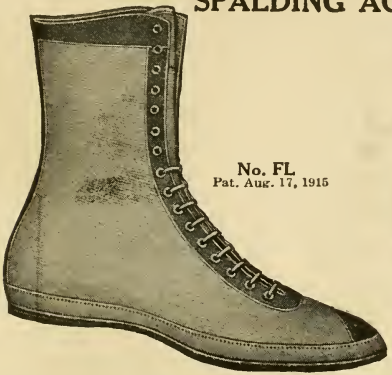
Chest Weight No. 2. A good machine for home use; noiseless and durable. Well made and easy running. Rods are ⅜-inch coppered spring steel. Weights are 5-lb. iron dumb bells, one to each carriage, and may be removed and used as dumb bells. Wall and floor boards are hard wood. All casings heavily japanned. Every part of machine guaranteed free of defect. . . Each, **$12.00**

Chest Weight No. 12. Especially designed for home exercise. High grade in every particular. Cast iron parts are all nicely japanned. The wheels are iron, turned true on centers, and have hardened steel cone point bearings. Guide rods are spring steel, copper-plated. Weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with 10 pounds of weights. . . . . Each, **$24.00**

Chest Weight No. 5. Because of its adjustment feature, which permits of all lower, as well as direct chest movements, this machine really combines two machines in one, and is particularly suitable where space is a consideration. The various changes are made by raising or lowering the center arm. Japan finish. Each machine is equipped with 16 pounds of weights. . Each, **$36.00**

Extra weights for above machine, 1¼ pounds. . . . . " .45

SPALDING ACROBATIC SHOES



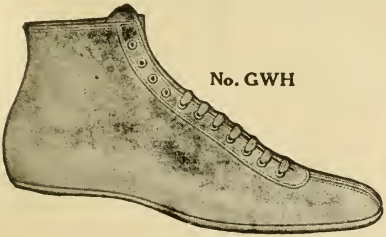
No. FL
Pat. Aug. 17, 1915

No. FL. Extra high cut canvas acrobatic shoes. Special leather soles, will not harden. Reinforced where upper and sole are attached. Pair, **$2.50**

No. FN

No. FN. Corrugated rubber sole, special leather uppers. Made after special model supplied by us to the U. S. Naval Academy, Annapolis, and characterized as the most satisfactory shoe for gymnasium use, especially acrobatic and wrestling wear. Pair, **$10.00**

GYMNASIUM AND BOWLING SHOES



No. GWH

GYMNASIUM SHOES

No. GWH. High cut, special pear. colored leather; flexible soles; well made. . . . . Pair, **$4.00**

No. GW. Low cut, otherwise as GWH. Pair, **$3.50**

No. 148
Bowling Shoes

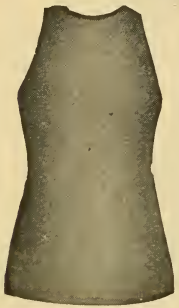
SPECIAL BOWLING SHOES

No. 148. For bowling and general gymnasium use; light drab chrome tanned leather uppers, electric soles; laces extremely low down. Pair, **$7.00**

WOMEN'S INDOOR EXERCISE SHOES

No. 66L. Low cut, light selected black leather uppers, electric soles. Pair, **$6.00**

WORSTED ATHLETIC SHIRTS



No. 600

No. 600W

No. 600T

No. 1A

No. 600. Carried in stock in Gray, White, Navy Blue, Maroon, and Black. . . . . Each, **$2.50**

No. 700. Light weight. Carried in stock in Gray, White, Navy Blue, Maroon, and Black. . . . . Each, **$2.00**

No. 600W. Six-inch stripe around chest. In following color combinations: Navy, White stripe; Black, Orange stripe; Maroon, White stripe; Black, Red stripe; Gray, Cardinal stripe. . . . . Each, **$2.75**

No. 600T. Same as No. 600W, but with two narrow stripes wide apart. . . . . Each, **$2.75**

No. 700W. Light weight. Six-inch stripe around chest. Color combinations similar to No. 600W. Special order only. . . Each, **$2.25**

No. 600V. V-neck. Supplied on special orders only; any color. Each, **$2.50**

COTTON SLEEVELESS SHIRTS

No. 6E. Sanitary cotton. Bleached White. . . . . Each, **50c.**

No. 6E. Black or Gray. . . . . " **60c.**

No. 6ES. Sanitary cotton, solid color body. with 6-inch stripe around chest. . . . . Each, **90c.**

Spalding Quarter Sleeve Shirts

No. 6F. Sanitary cotton. Bleached White. . . . . Each, **60c.**

No. 6F. Black cotton. . . . . " **65c.**

Necklace on Shirt. Nos. 600W or 600T Shirts on special orders only, with necklace stitched on of different color to body of shirt for an extra charge of **$1.00** per garment.

TIGHTS AND TRUNKS

No. 1A. Full Length Tights. Best worsted, full fashioned. Pair, **$10.00**

No. 605. Full Length Tights. Good quality worsted. . . " **4.00**

No. 604. Knee Tights. Good quality worsted. . . . . " **2.50**

No. 2. Worsted Trunks. Good quality worsted; carried in stock in Navy or Black. . . . . Pair, **$2.00**

Stock Sizes: 24 to 42 inch waist. Stock Colors: Worsted knee and full tights and trunks, except where otherwise specified, Gray, White, Navy Blue, Maroon, and Black. Any other color on special orders, no extra charge.

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